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AFA president visits

By Staff Sgt. Alan Williams
Fuji Flyer Editor

Air Force Association President John Politi visited Yokota earlier this week.

Politi, who has been in his current position since September 2000 said, "General (Patrick) Gamble (Pacific Air Forces commander) wanted me to have a good understanding of issues that he and the men and women in uniform in the Pacific are facing."

According to Politi, since he left active duty in 1992, a lot of the base issues are very similar, stating that infrastructure is a problem and the Air Force doesn't have enough funding to maintain its facilities as well as manning to do all the things that need to be done.

"It was pretty clear, what we were doing as an Air Force during the Cold War – a very definitive mission in terms of strategic requirements as well as tactical requirements," said Politi. "Since the Cold War came to an end the missions have not been as clear cut. We are in many places in the world – things have emerged that we were

not anticipating and we're doing some things that, often, are not as well understood as maybe they need be or should be."

The AFA acts as the voice of the Air Force family on Capital Hill.

The AFA partners itself with the Air Force by staying close to the leadership throughout the year to hear what their priorities are through a series of councils comprised of active-duty, Reserve and guardsmen.

"When they (councils) provide us with a prioritized list of issues that need to be worked, we then take those issues and turn them into legislative priorities. We spend virtually every day of the year working with people on Capital Hill to get those initiatives turned into legislation that we can advocate passage of so that we give direct benefit to the men and women who are serving the Air Force," said Politi.

Issues are divided into two categories – Quality of Life and Force Capabilities.

Included in the list of quality of life issues is continued increased pay and compensation to build on this year's 4.8 percent raise. Also,

things like education – fully funded tuition assistance and enhancements in the Montgomery G.I. Bill; Tricare for Life, another of those issues, has been in the works for a few years, and housing, a concern for a lot of continental U.S. bases, is also included.

In force capabilities the F-22 is the top priority. The AFA is working to maintain the level of funding necessary to put the F-22 into production at the level the Air Force needs.

"You can walk right down the Air Force's force structure priorities and AFA has established positions on all of those," said Politi.

The Department of Defense is undergoing a review to look at national defense strategy for the future.

"The outcome of that review is going to dictate the direction that all the services are going to head in the future, which may result in some different priorities," he added.

For more information about joining the AFA or the organization visit www.afa.org on the world wide web.

Squeaky clean



photo by Capt. John Sheets

Senior Airman James Mobley III, 30th Airlift Squadron, rinses an engine cowling on a C-9 after a scrubbing.

Road tax collection starts next week

By Staff Sgt. Jeff Loftin
374th Airlift Wing Public Affairs

Not only is April the traditional deadline for U.S. taxes, it is also time to pay Japanese road tax.

The Tokyo Metropolitan Government Tax Office is coming to Yokota Wednesday to start collecting the tax. This year, as in the past, all SOFA vehicles will be registered and taxes paid at Yujo Recreation Center.

"We do this to alleviate the problem of everyone on base having to go the post office or the bank off base," said Staff Sgt. Benoit Wyble, NCO in charge of the Pass and Registration Section. "It's just a great opportunity for the military community. The Japanese government has done us a really big favor. They're saving us a lot of time as opposed to having to go off base and do this

individually."

Registration for mini-cars and motorcycles is Wednesday through April 13. Registration for regular and large vehicles is April 16-20. The facility will be open from 9:30 to 11:30 a.m. and 1 to 2:30 p.m.

All vehicle owners will need the following paperwork: Japanese Compulsory Insurance certificate, liability insurance policy, Japanese title, base registration (374 AW Form 12 or DD Form 430), last year's road tax receipt and base inspection paperwork.

"You don't have to bring your vehicle, but bring your paperwork to the Yujo," said Wyble. "When you walk into the Yujo there will be several stations. At the first one we'll check all your paperwork and make sure it's correct. If you're missing anything we'll let you know what you're missing and what you need to get. We have ser-

vices on-hand to provide missing document forms if you're missing your old road tax receipt or something like that. At the next station they give you a slip. Then, at the following station you actually pay the tax to the Japanese officials. They'll stamp your receipt form and give you the back portion of it. You'll take that to the last station, which will verify it has been stamped and will issue the new installation decal to replace the old one."

The whole process, if you have all the required paperwork together, should take about 10-15 minutes, according to Wyble.

All taxes must be paid in yen. The tax fee for mini-cars is 3,000 yen, motorcycles above 125cc is 1,000 yen, and motorcycles and scooters below 125cc is 500 yen.

The tax for other vehicles depends on its weight. Li-

see TAX page 2

Scales of Justice

The following are Article 15 punishments issued during March.

A senior airman from the 374th Civil Engineer Squadron was reprimanded for making an improvised explosive device.

A technical sergeant from the 374 CES received a suspended reduction to staff sergeant, forfeiture of \$1,003 per month for two months and a reprimand for driving while impaired.

A senior airman from the 374th Maintenance Squadron got a suspended reduction to airman first class, forfeiture of \$150 per month for two months



and a reprimand for failure to go, going from place of duty, and dereliction of duty.

A technical sergeant from the maintenance squadron was reduced to staff sergeant, reprimanded and given 14 days of ex-

tra duty for DWI.

An airman first class from the 374th Security Forces Squadron was reduced to airman and reprimanded for failure to obey a lawful order.

A senior airman from the 459th Airlift Squadron forfeited \$250 per month for two months, was reprimanded and had his promotion red lined for DWI.

A staff sergeant from the 730th Air Mobility Squadron received a suspended reduction to senior airman, 10 days of extra duty and forfeited \$250 per month for two months for DWI.

TAX from page 1

cense plates with: 44Y, 55E, 55Y, 56Y, 57Y, 58Y, 500Y or 400Y will cost 7,500 yen.

Vehicles with less than a 4.5-liter engine and license plates with: 33Y, 33E, 88E, 88Y, 22Y, 300Y, 300E, 800Y or 800E will cost 19,000 yen. Vehicles with more than a 4.5-liter engine and license plates with those designations will cost 22,000 yen.

License plates with: 11Y, 11E, 100Y or 100E will cost 32,000 yen.

If you miss the road tax because you're on leave or TDY during that time, there are a num-

ber of things you can do.

"You can have an individual you really trust do it for you," said Wyble. "All they need is the paperwork. They don't need a power of attorney or anything like that. They just do it like it was their vehicle.

"The other option is, when you return from your TDY if it's before May 31 you come to this office and we'll issue an application form," he said. "You take that to any off base bank or post office, which is the normal procedure. They'll stamp it and give you the back portion that you'll

bring back to us. We verify it's stamped and issue the decal.

If you're not going to be back by June 1, which is the cutoff date, and you have a legitimate reason and have orders to prove that you were TDY or something, then we take that into consideration. We'll do the same procedure. If you don't have proof that you were on leave or TDY and you for whatever reason decided I'm not going to do it, you will be cited and you can lose your driving privileges for up to six months. So, it's very important that people get this taken care of."

Neighborhood Watch

Neighborhood Watch is designed to keep you in the loop about reported incidents and to provide you with information needed to maintain your safety while at Yokota Air Base.

INCIDENT #1: March 13 at 1:46 a.m., a security forces patrolman initiated a traffic stop (excessive speed/erratic driving) on a vehicle belonging to the wife of an E-4 assigned here. Upon approaching the vehicle, the patrolman detected a strong odor of an alcoholic beverage. The individual was transported to the law enforcement desk and processed for DUI.

Throughout the course of the field sobriety tests and the implied consent, the individual was uncooperative and at one point attempted to barricade herself inside the female bathroom. She was eventually released to her sponsor's first sergeant. The case is pending investigation.

INCIDENT #2: March 17 at 1:56 a.m., the son of a GS-13 assigned here, was detained and transported to the law enforcement desk for drunk and disor-

derly conduct and disobeying a lawful order. Security forces patrolmen were questioning the individual and his friend about an unrelated incident when he became aggressive towards them. The family member was released to his sponsor. The case is pending investigation.

INCIDENT #3: March 18 at 10:30 a.m., a family member was issued a traffic citation and an on-the-spot revocation letter for reckless driving. The individual was driving 100 kph on the north overrun when he struck an instructional light sign, uprooted it from the ground, and proceeded to drive over the sign. The individual was released to his sponsor. The case is pending investigation.

Neighborhood Watch Tip of the Week: There is a zero tolerance policy for reckless driving on Yokota Air Base. All personnel who are in direct violation of traffic rules and regulations will be cited.

If you have any questions or suggestions for this column, call 225-7244 or 225-8183.



NEWS AROUND THE AIR FORCE

Two Yokotans honored at 5th AF annual awards banquet: Tech. Sgt. Dorand Neal, 374th Supply Squadron NCO in charge of the Fuels Mobility Support Equipment Element, and Simone Koram, Family Support Center director, were among those honored with 5th Air Force awards March 23 at the 5th Air Force Annual Awards Banquet.

Air Force releases latest selective re-enlistment bonus list: WASHINGTON — The Air Force has released its latest selective re-enlistment bonus list and has decided to keep bonuses at their current levels, with the exception of those in three career fields.

After careful consideration, the decision to keep bonuses at their current levels was made, Air

Force personnel officials said.

For the past several months, personnel officials have worked to optimize the SRB program within available funding.

New PFE study guide distribution begins: RANDOLPH AIR FORCE BASE, Texas — Air Force Personnel Center officials here recently announced that delivery of the new Promotion Fit-

ness Examination Study Guide (Volume 1) and the new U.S. Air Force Supervisory Examination Study Guide (Volume 2) is expected to begin by April.

First shipments will be sent to overseas locations. Both publications have a July 1 effective date and are the required study references for promotion cycle 01E9, as well as testing cycles 02E8, 02E6/7 and 02E5.

Rescue helicopter crew gets hiker out of 'tight spot':

PORTLAND, Ore. — An injured hiker was in a "tight spot" until an HH-60 Pave Hawk aircrew from the Air Force Reserve Command's 939th Rescue Wing in Portland rescued the 43-year-old man March 19.

James Thompson slipped off a ridge near the Eagle Creek Trail, east of Portland, March 18. He tumbled about 50 feet down a steep hill and fractured his left elbow and injured his back.

Advertisement

We're outta here!

EIELSON AIR FORCE BASE, Alaska (AFPN) — Air Force combat controllers from the 22nd Special Tactics Squadron, McChord Air Force Base, Wash., perform a high-altitude, low-open jump off a C-130 Hercules over Fort Greely, Alaska, during the Northern Edge 2001 exercise.

In order to maintain their proficiency, people from the 22nd STS participate as often as possible in exercises all over the world. This time the squadron joined more than 10,000 other service members in Alaska who are participating in the annual two-week joint-training exercise.



photo by Senior Airman Craig Clapper

Chief retires after 3 decades of service

By Jennifer Prentkiewicz

Fuji Flyer staff writer

In 1971, while the Vietnam War and the war between India and Pakistan raged, a young airman eagerly began his military career in Okinawa. Now, 30 years later he is retiring.

Chief Master Sgt. Kenneth Kucharzak, better known as “Chief K,” retired March 29 from Yokota after three decades of dedicated service in the Air Force.

Kucharzak’s duties as superintendent of the 374th Communications Squadron Mission Systems Flight included directing the operation of Yokota’s Base Telephone Switchboard, cable television, Air Traffic Control landing systems, weather radars, and the base radio systems.

“Yokota was good when I got here and it has improved in the last five years I’ve been here,” he said, “and I expect in the next few years it will be outstanding.”

Kucharzak was first stationed in Okinawa, where he was assigned to the Engineering Installation Squadron and received the Airman of the Year award. Next he volunteered to go to Korea in which he was to give a hand in restoring communication facilities. After that he was stationed

in Mississippi, where he was assigned to the Engineering Installation Group and received a letter of appreciation from the President of the United States for the team’s

excellent work in the space shuttle program. Other places he has been stationed include Germany, Florida, Alaska, Utah, Haiti and Japan.

Kucharzak attributes his military success to the foundation his parents Leo and Katie provided for him and his brother, and to his mentor, retired Chief Master Sgt. Gary Vanderpool.

Kucharzak says that Vanderpool, “pointed me in the direction of doing the right thing for the Air Force.” The support of Sung, his wife of 26 years, and his three daughters has also kept him going.

Kucharzak plans to spend his retirement visiting relatives, traveling with his family, hunting, fishing, riding his Harley, and fixing up his house in Biloxi, Mississippi.

Kucharzak is very proud of his 30 years of service, and views his retirement with mixed emotions.

“I’m happy to have a new person come in and have new ideas for the Air Force,” said Kucharzak, “and a little blue to be leaving my career behind.” Despite all the ups and downs of his career, Kucharzak said he “wouldn’t change a thing.”



Kucharzak

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Around Japan ... a visit to Yokosuka

Story and photos by Senior Master Sgt.
Gordon Van Vleet
374th Airlift Wing Public Affairs

Nestled in the foothills along the southern area of Tokyo Bay is Yokosuka Naval Base. The base is home to the U.S. Seventh Fleet and the aircraft carrier USS Kitty Hawk.

Yokosuka has a rich history dating back as early as 1853 when the idea of trade with other countries was instituted. With help from France, Japan built a shipyard capable of handling large ships. The original name — Yokosuka Iron Works — was changed to Yokosuka Navy Yard in 1871.

Yokosuka became home to Commander, Fleet Activities shortly after the beginning of U.S. occupation in 1945. Yokosuka has continued to grow since and remains essential to the U.S.-Japan security agreement.

Yokosuka is about 75 km (approximately 47 miles) from Yokota Air Base and driving time varies between two and three hours depending on traffic.

Interlaced with tunnels built before and during World War II, as well as prewar facilities and giant shipyard cranes, Yokosuka offers many interesting and unusual sights to first time visitors.

A trip to Yokosuka guarantees a view of Tokyo Bay and a view of some of the mighty U.S. naval vessels that port there.



Yokosuka's Dry Dock 6 (above), was specifically built in the early 1940's for the construction of the Imperial Japanese Navy aircraft carrier Shinano, which was the largest ship in the world when it was launched in 1944. Dry Dock 6 can accommodate any ship in the United States Navy, including the largest aircraft carriers. The Imperial Japanese Navy battleship Mikasa (left), served as Admiral Heihachiro Togo's flagship at the Battle of the Tsushima Straits in the 1904 Russo-Japanese War. The USS Chicago rests pier-side at Fleet Activities Yokosuka (right). This crane, (below right), located at Yokosuka's Dry dock 6, can handle loads of up to 200 tons. Below is a view of Berth 11 in the early evening.



What road do we take now?

- ✓ September 1998 — Pacific Air Forces Initial Response Readiness Inspection = “EXCELLENT”
- ✓ April 1999 — PACAF Combat Employment Readiness Inspection = “EXCELLENT”
- ✓ November 1999 — PACAF Base Appearance Competition = Yokota wins “Best Base” title
- ✓ June 2000 — PACAF Unit Compliance Inspection = “EXCELLENT”
- ✓ March 2001 — PACAF Initial Response Readiness Inspection = “EXCELLENT”

By Col. Mark Zamzow
374th Airlift Wing commander

Did you realize how good we really are?

Over the past three years the 374th Airlift Wing has taken a heap of top ratings in Pacific Air Forces.

That’s an impressive string of successes for the 374th Airlift Wing and Yokota isn’t it?

Yes, it is, and it’s also clear why we have the reputation as PACAF’s premier base.

For the past three years, we’ve proven ourselves to be examples of professionalism, teamwork, perseverance, training, and plain old hard work. These traits distinguish our excellence from an ordinary existence!

Our wing’s brilliance

didn’t go unnoticed by PACAF Commander Gen. Patrick Gamble either. Last month, he approved the Air Force Outstanding Unit Award to the 374 AW for our accomplishments from Oct. 1, 1998 to Sept. 30, 2000. Well earned everyone!

It is also quite clear that the folks working in the wing couldn’t have attained this level of excellence without tremendous support from their families and the community as a whole. Yes, we attained excellence together, and we should be very proud of our accomplishments.

So, where do we go from here?

Do we keep the winning streak going, or do we let ourselves settle back into mediocrity? To put it another

way: Is continued excellence part of our organizational and base “culture” or not?

Let me make a suggestion. Excellence is a way of life for Team Yokota and the trend will continue!

As individuals, we’re too proud of who we are to get lazy, at home or at work. As team-oriented leaders, we know that our unit is only as strong as its weakest member. As members of the profession of arms, we’re aware that people may die or our missions may fail if we aren’t fully trained and prepared.

Finally, the Yokota community as a whole recognizes that occasional minor inconveniences are a small price to pay considering the overriding importance of the military mission here — regional

stability and peace in the Asia-Pacific region.

At Yokota, being number one should be second nature by now. So, I know we will continue to do the right things because we know what’s important in life. Values and ideals such as “God, Family, and Community,” “Duty, Honor, and Country,” “Integrity, Service, and Excellence” are the underpinning of what we do everyday here.

These values and beliefs coupled with lessons learned will ensure our future success.

All we need to do is keep our hearts and our heads in line with what is “right” while working hard and having fun! Then, as new “challenges” arise, in our professional and personal lives, we know what the outcome will be.

How will we rate in the future?

- ❑ The PACAF Environmental Safety and Occupational Health Compliance Assessment and Management Program (ESOH CAMP) Inspection in June = _____
- ❑ PACAF Base Appearance Competition in August = _____
- ❑ PACAF combination IRRI and CERI in October 2002 = _____

ACTION LINE

225-TEAM

action.lines@yokota.af.mil

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn’t be resolved by your chain of command. When you call, please leave your name and phone number so you can be reached if more information is needed.

Col. Mark Zamzow
374th Airlift Wing Commander



DUI Prevention

March 26-April 3 DUIs:

0

Total DUIs in April:

0

Total DUIs in 2001:

12

Record DUI-free streak:

85

Punishment

.05-.07=14 days walking, 6 points

.08-.09=90 days walking, 6 points

.10 and above=one year walking, 6 points

Don’t drink and drive, call

225-RIDE

(All stats as of April 3)



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How to reach us

Editorial content is prepared by the 374th Airlift Wing Public Affairs Office, Bldg. 315, Yokota Air Base, Japan.
Phone: 225-8833
Fax: 225-4867
Mail to: 374 AW/PA, Unit 5078, APO AP 96328-5078 or send to:
fuji.flyer@yokota.af.mil

Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

Editorial Staff

- Col. Mark Zamzow

374th Airlift Wing Commander
- Maj. Stephen Clutter

Chief, Public Affairs
- Capt. John Sheets

Deputy Chief, Public Affairs
- Senior Master Sgt. Gordon Van Vleet

Superintendent
- Staff Sgt. Jeff Loftin

Chief, Internal Information
- Staff Sgt. Alan Williams

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Movie Theater

The movie schedule is as follows:
Today — *Sugar and Spice*, PG-13, 6:30 p.m.; *Exit Wounds*, 9 p.m.
Saturday — *The Pledge*, PG-13, 6:30 p.m.; *Exit Wounds*, 9 p.m.
Sunday — *Sugar and Spice*, PG-13, 2 p.m.; *Exit Wounds*, 7 p.m.
Monday — *The Snatch*, R, 7 p.m.
Tuesday — *Finding Forrester*, PG-13, 7 p.m.
Wednesday — *Finding Forrester*, PG-13, 7 p.m.
Thursday — *Some Like You*, PG-13, 7 p.m.
All movies and showtimes are subject to change without notice. For information, call 225-8708.

Commander’s Channel

The Channel 18 schedule is as follows:
Family views — Today through Wednesday, 7 p.m., *Coping with Fighters, Bullies, and Troublemakers*, from the “Guidance Club for Teens” series. This program aims to help kids realize they are responsible for the choices they make in life and are free to be the best they can b
Thursday, 7 p.m., *Facts About Smokeless Tobacco*, two short videos about the risks of smokeless tobacco. The first is a tongue-in-cheek music video and the second video talks about the risks in a straightforward manner with graphic photos of the consequences of dipping and chewing. Kids will think twice about dipping after viewing these videos.
Air Force News — daily at 3 p.m.

Modeling fair

There will be a modeling fair at the Family Support Center Saturday from 9:30 a.m. to 4:30 p.m. Reliable adults are needed for set up, admissions desk, hospitality room and inside assistance. Morning and afternoon shifts available. For more information, call 225-8725.

Sorority meeting

The Sisters of Alpha Kappa Alpha Sorority Inc. will meet in the Niwa Room of the officer’s club Saturday from 11 a.m. to 1 p.m. RSVP by Wednesday by calling 227-5417.

Children’s dining out

The Parent Advisory Council is having a children’s dining out in the Yokota Officers’ Club at 5 p.m. Sunday. Dress is semi-formal to casual. Cost is \$12 for ages

12 and up, \$4.80 for ages 6-11, and children under 5 are free. For tickets call, 225-4769 or 225-4866.

O’Club renovations

Starting Sunday the Yokota Officers’ Club has began renovations which will last until April 23. The club will remain open during this time. For more information, call 225-8526.

Picture That

The Yujo Recreation Center is proud to announce the opening of “Picture That,” a specialty portrait shop April 14. Picture That will offer portraits for all occasions including baby photos, graduation photos, family portraits, and glamour shots. Pick up a gift certificate and give a unique present to a loved one or friend. For more information, call the Yujo Recreation Center at 225-7713.

Living Lord’s supper

There will be a real-life dramatization of the famous painting of the Last Supper by Leonardo Da Vinci Thursday and April 13 at 7 p.m. in the Taiyo Recreation Center. New features were added this year. For more information, call 225-7009.

Glory at the Cross

An Easter performance featuring toddlers to teens will be held Easter Sunday from 4:30 to 6 p.m. in the Taiyo Recreation Center. For more information, call 225-7009.

Holy week

Catholic
Sunday — Palm Sunday Mass, 10:30 a.m.
Monday to Thursday — Daily Masses, Blessed Sacrament Room, noon.
Thursday — Holy Thursday Mass, 6 p.m.
April 13 — Good Friday service, 3:30 p.m.
April 14 — Easter Vigil Mass, 8:30 p.m.
April 15 — Easter Mass, 10:30 a.m.
Protestant
Sunday — Palm Sunday: Liturgical service, 8 a.m.; general Protestant service, 9 a.m.; Sunday school, 10:30 a.m.; inspirational service, noon.
April 13 — Good Friday service, noon.
April 15 — Easter Sunrise service, 6 a.m., donuts, juice and coffee following in chapel activity room; no 8 a.m. Liturgical

service; general protestant service Easter musical, 9 a.m.; no Sunday school; inspirational service, noon.
All events held at the West Chapel.

Easter family night

Treat the kids to a night of family fun. Come to the enlisted club Wednesday from 4:30 to 8 p.m. and enjoy food and a variety of events including a visit by the Easter Bunny, dyeing eggs, games, and a special appearance by Col. Popcorn. Two \$500 savings bonds will be given away.

Family party

Bring the entire family out for a free party to kick-off the Month of the Military Child Saturday from 11 a.m. to 2 p.m. at Yuko Park and Sakura Shell on the east side. Enjoy a beautiful Saturday outside with food, fun, games, and a special performance by the Air Force Band of the Pacific-Asia.

Eggstravaganza

Come to the Natatorium April 14 at 10 a.m. and enjoy good old-fashioned holiday egg-citement. Swim, munch on refreshments and enjoy a underwater egg hunt.

Easter buffets

E-Club — Feast on a delicious buffet at the enlisted club Easter Sunday from 10 a.m. to 2 p.m. Choose from a huge selection of homemade dishes.
O-Club — Come to the Yokota Officers’ Club Easter Sunday from 10 a.m. to 3 p.m. and treat the family to a special dining experience.
Tama — Join family and friends for a delicious buffet Easter Sunday from noon to 6 p.m. There will be an Easter egg hunt at 2 p.m. and free kiddie rides from noon to 5 p.m. Call 224-3421 for reservations.

Route 56

The next Route 56 meeting is at 3 p.m. April 18 in the enlisted club. Guest speakers are Chief Master Sgt. Gerald Murray, 5th Air Force command chief, and Paul Martin, AAFES general manager. All staff and technical sergeants are invited.

Housing closed

The housing office will be closed April 20 from 11:30 a.m. to 4:15 p.m. for an official function. This will affect dormitory management, facilities, and furnishings management offices.

Cherry blossoms

There will be cherry blossom viewing from 10 a.m. to 4 p.m. Saturday along McGuire Ave.

Tama River clean-up

The annual Tama River clean-up is April 28 at 1 p.m. Help Yokota’s community relations program by cleaning up a mile and a half stretch of the Tama River. To sign up, e-mail: 374aw.pa@yokota.af.mil or call 225-7020.

Earth week

The base Environmental Flight is looking for Earth Week 2001 committee members and volunteers. Earth Week is April 16-22. Events include: drawing exhibition, April 16-22, wastewater treatment plant field trip, April 17-18; tower collection point and 3rd Annual Earth Week Celebration, April 21; and Tama River clean-up, April 28.
For more information, call 225-5440.

Open house

The Church of Jesus Christ of Latter-Day Saints is having an open house April 20 at 7 p.m. in the west chapel. For more information, call 227-5509.

Food vendors

Applications are now being accepted from private organizations wishing to sell food items at this year’s Yokota Officers’ Spouses’ Club Spring Asian Bazaar April 21-22. For more information, call Kim Drewry at 227-3848.

Asian bazaar

The Yokota Officers’ Spouses’ Club is holding the Spring Asian bazaar April 21-22 at Hangar 15. More than 40 vendors will sell merchandise. Proceeds from the bazaar are returned to the Yokota community through donations to the schools, library, clubs and organizations, family and youth programs and Air Force-wide programs.
Volunteers are needed from 9 a.m. to 6 p.m. April 21 and 10 a.m. to 5 p.m. April 22. Anyone who is SOFA-sponsored and at least 14 years old can volunteer. Volunteers assist vendors with sales and are entitled to early shopping before the bazaar opens.
For each hour worked volunteers earn a chance to win doorprizes donated by the vendors. To volunteer, call 227-5497 or 227-5224.

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WANTED
Tanning bed — I need a tan this summer, if there is anyone willing to share I will pay for sessions. 227-4389.(1)

LOST & FOUND
Lost — Men's gold watch March 12 on Kanto Express or east side. 227-4156.(2)
HELP WANTED
Program assistant — For the 374th Contracting Squadron Relocation Readiness/Information, Referral and Follow-up Program at Camp Zama Army Community Center, from May 1 to Sept. 30. 225-2214 or e-mail nathaniel.scott@yokota.af.mil no later than April 12.(3)

PETS
Cats — Two mature orange short-haired cats, free to a good home, very good with children, microchipped, litter boxes, beds, pet carriers and scratching posts included. 227-3270.(1)

Birds — One small parakeet with accessories, very nice bird, \$25; one large Ring neck parakeet with accessories, \$50. 227-3093.(1)

Cat — 2 1/2 to 3-year-old cat, extremely loveable, neutered and declawed, loves people, have to give away ASAP because family is allergic to cats, want to give him good home. 227-4654.(2)

Cat — Young male cat, fixed and microchipped, friendly with everyone, litter box and bowls included, free to a good home. 227-4830.(2)

FOR SALE
Miscellaneous — Two Whirlpool window air conditioners, 15,000 BTU, \$100, 10,000 BTU, \$65, both in excellent shape; awning for 3-bedroom garden, great shape, \$300 OBO; living room blinds, \$30 OBO. 227-2312.

Air conditioners — 18,000 BTU Whirlpool, one owner, 1 year old, \$350; 8,000 BTU Goldstar, one owner, 1 year old, \$150; both for \$475. 227-9455.(1)

Furniture — Entertainment wall system, oak, accomodates 27-inch TV, adjustable shelves, display light behind etched glass doors, \$150; two bookshelves, \$75 each. 227-3359.(1)

Baby items — Two-child stroller by Avalon, \$40; Step2 slide, \$30; plastic bear swing with rope, \$10; plastic car swing with rope, \$10; Carry a Child backpack by Gerry, \$15. 227-3270.(1)

Bike — Stationary bicycle, used a couple of times, great condition, paid \$99, asking \$25. 227-3093.(1)

Miscellaneous — Large meat smoker, \$30; lawn mower, \$60; GT mountain bike, \$130; Korean tea chest, \$1,300; dehumidifier, \$40; Mission style breakfast table with two stools, \$70; oak deacon bench, \$55. 227-4102.(1)

Miscellaneous — 13-inch Sony color TV, \$50; 17-inch Toshiba color TV, Japanese, \$50; Kawai electric organ, \$50; Kenmore microwave oven, \$65; two kerosene heaters, \$55 each; changing table, \$25; crib with mattress, bumper pad, mobile and crib toys, \$80. 227-3666.(1)

The Fuji Classifieds are provided as a free service to readers. To submit ads, e-mail: fuji.flyer@yokota.af.mil or drop off at the 374th Airlift Wing Public Affairs Office (Bldg. 315). Advertisements must be for one time sales only, 25 words or less and include a name and home phone number. No

Miscellaneous — Glass top rectangular patio table, new, beige, \$65; dehumidifier, \$40; charbroil barbecue grill, \$10; JBL Control SB5 home theater subwoofer/center channel, \$65; two 15-inch subwoofers in large bandpass box, good for hatchback or van, \$200; four 13-inch Head 40 polished aluminum rims, excellent condition, \$200. 227-2443.(1)

Miscellaneous — Running stroller/bicycle trailer, \$60; Little Tykes picnic table, \$10; Panasonic racing road bike, \$200; Jump Music piano, \$50. 227-2813.(1)

Queen-size bed — Queen-size waterbed with waveless to semi-waveless water tubes, excellent condition, \$600 OBO. 227-2038.(1)

Fence — 120 feet, 2 years old, very good condition, \$650 OBO. 227-6938.(1)

Miscellaneous — Kenwood 7-disc CD player with original remote, for home, excellent condition, \$100; white stone table with ball and glass top, can be used as a center piece or end table in living room, \$100. 227-5366.(1)

Miscellaneous — Packard Bell Intel Pentium II 256, Windows ME, \$300 OBO; Cosco wind-up baby swing, like new, \$30; handmade patio chair, solid wood, seats two. 227-2627.(1)

Phone line — \$250. 042-530-3716.(1)

Computer — Compaq Deskpro Celeron, 400mhz, 17-inch monitor, 56k silent modem, 64mb, with brand new Cannon printer, \$600. 090-1667-0064.(1)

Miscellaneous — 18,000 BTU air conditioner, \$240; 12,000 BTU, \$140; 10,000 BTU, \$120; fence for 3-bedroom west side garden, best offer. 227-7407.(1)

Miscellaneous — Rockford Fosgate power cap 1-farad, \$150; MB-Quart 5 1/4 speakers, \$100; Viper 500 plus alarm, \$250; Precision Power pre/amp equalizer, \$200. 227-9906.(1)

Computer — Pentium 200mmx, 96mb RAM, 3.5gb storage, 32x CD ROM, 3.5 floppy drive, 56k modem and Voodoo3 graphics card, comes with Microtek scanner, printer and monitor not included, great for internet access, schoolwork and light gaming, \$350 OBO. 227-7777.(1)

Miscellaneous — Solid wood waterbed set, must see, cost \$3,800 less than six months ago, asking \$1,900; couch with two recliners and a queen-size bed, \$500; dining room table with four chairs, \$150; floor lamps, \$20; video shelf and more. 227-5544.(1)

Miscellaneous — Entertainment center, \$50; fence, almost new, more than 150 feet, \$1,200; girl's Trek mountain bike, \$80; dirtbike tires, \$20; kid's skis, \$50; snowboard, \$100; air conditioners; small refrigerator; golf clubs with bag, \$100; TY Beanies, over 700, want to sell all in one sale only, mostly older ones and bears. 227-4169.(1)

Golf clubs — First Flight Executor III, includes bag, \$125. 227-2184.(2)

Screen — Beautiful 6-panel screen with raised soapstone scenes of cranes among bamboo, \$700. 227-2489.(2)

Miscellaneous — Carpets, \$10 to \$85; Little Tykes playhouse, \$50; rocking fish, \$5; Resin table and chairs, \$25. 227-6448.(2)

Magic puppy — Toy Dalmatian, new, in the box, \$25. 227-2184.(2)

Miscellaneous — Marshall 8100 Valvestate amp, \$150; Marshall Valvestate design 4x12 guitar cabinet, \$300. 227-8904.(2)

Microwave — Panasonic microwave oven with turntable, auto defrost, sensory reheat, popcorn and other function pads, like new, \$110 OBO. 227-2366.(2)

Miscellaneous — English teaching books, new, \$10 to \$20; Japanese language books, \$5 to \$20; 6-foot indoor fig tree, paid \$150, asking \$75; other plants. 227-8156.(2)

Diamond ring — With seven marquise cut diamonds, one-half carat total weight, size seven, \$550 firm. 227-2244.(2)

Computer — Fully loaded with Dual 555 athalons, CD writer, DVD player, TV tuner card, 10GB hard drive, monitor, LAN card and jack, external modem and speakers, \$750. 227-5490.(2)

Air conditioners — All three were bought new in 1998, one Whirlpool 18,000 BTU, \$250; two smaller Fedders units, \$175 and \$150; all work great. 227-2315.(2)

Miscellaneous — Wooden kitchen bar table with three barstools, \$30; Step Tontsu cabinet, \$420. 556-4429.(2)

Miscellaneous — Baby bike seat, walker, bath, bouncer, bassinet, diaper jeanie, \$5 each; nursery monitor, \$10; subwoofer, 8 or 12-inch with box, \$25; Little Tykes play set, \$50; iron weights, 200 pounds, \$100; JVC boom box, \$50. 227-9087.(2)

Miscellaneous — Dog house, large, igloo style, \$20; dog kennel, air travel, large, fits up to 70 pounds, \$20; \$35 for both. 227-3087.(2)

Sports equipment — Used Black Cat irons Flare graphite stiff shafts, 845 Titanium 10 degree driver G Force 3.3 tour series graphite shaft, Cobra carry bag with folding legs, Ping putter, various items, \$300; two racquetball racquets, E-Force 22-inch Tri Carbon frame, \$100, Ektelon Al-lusion graphite, could use restring, \$50, buy both get E-Force bag; exchange any items for camcorder or camera. 227-6209.(2)

Miscellaneous — Two custom valances, each 130x 30 inches, celadon green, \$250 for both; rug, 7-feet 5-inches by 5-feet 5-inches, green floral, \$50. 227-2664.(2)

Rocker and ottoman — A 1-year-old dark green rocker with matching sliding

ottoman, \$75 OBO. 227-3150.(2)
Waterbed — King size waterbed, waveless mattress, 6-drawer frame, large bookcase headboard, padded rails, like new, \$850. 227-4157.(2)

Telephone line — PCSing soon, \$300. 042-833-4744.(2)

VEHICLES
1988 Honda —Interga, sunroof, CD player, JCI until Aug. \$500 OBO. 227-9557.(1)

1990 Ford — Spectron van, sunroof, A/C, runs good, \$2,000 OBO. 227-3669.(1)

1992 Toyota — Corolla, gray, 4-door, automatic, power everything, AM/FM cassette, new A/C, excellent condition, JCI until Sept., available April 19, \$1,700 OBO. 056-874-3805.(1)

1990 Nissan — Pulsar, red, 2-door, T-top (removable), automatic, AM/FM cassette, power windows, JCI until July, runs extremely well, must sell, \$1,300. 227-4923.(1)

1986 Toyota — Vista, 4-door, 5-speed, navy blue, A/C, AM/FM cassette, JCI until Nov., good condition, \$700 OBO. 227-2312.(1)

1992 Mitsubishi — Diamante, black, JCI until Aug., \$3,000 OBO. 227-8092.(1)

1989 Nissan — Skyline, dark blue, 4-door, automatic, power windows and locks, AM/FM, CD, A/C, 83,000 K, JCI until Aug., \$1,700 OBO. 227-6197.(1)

1994 Ford — Telstar, V-6, blue, runs excellent, comes with Pioneer head unit with 6-disc CD changer, \$3,500 OBO. 227-9906.(1)

1991 Nissan — Bluebird, JCI until April 2002, \$1,500 OBO. 227-9455.(1)

1991 Toyota — Limited, JCI until Nov. 2002, power everything, \$2,000. 227-3359.(1)

1989 Nissan — Cefiro, JCI until Sept. 2002, power everything, 6-pack CD player and large speaker, \$2,500. 227-3359.(1)

1998 Honda — Press Cub scooter, \$825. 227-4102.(1)

Mitsubishi — Mini truck, JCI until March 2002, \$900. 227-4102.(1)

1989 Ford — Laser GT, twin cam, CD, new tires, great car, \$500. 227-5544.(1)

1997 Chevrolet — Astro van, Mark 3 conversion, TV, VCR, headphones, captain chairs, running boards, Dutch doors, curtains, sliding windows, mag wheels, well maintained, in excellent condition, \$25,000 firm. 227-4169.(1)

1963 Chevrolet — Impala low-rider stationwagon, shaved rear door, new interior, 327 V-8 engine, chrome custom wheels, baby blue metallic with white pearl roof, real looker, \$12,500 firm. 227-4169.(1)

1998 CR250 — Dirt bike, looks new, \$4,000. 227-4169.(1)

1998 YZ125 — Dirt bike, looks new, \$3,500. 227-4169.(1)

1987 Toyota — Lite Ace 4-wheel drive van, JCI until Sept. 2002, runs outstanding, everything works, seats eight people, great for mountain trips, well maintained, \$1,800. 227-3454.(2)

1987 Toyota — Supra, twin turbo, JCI until May 2002, A/C, power everything, \$2,500 OBO. 227-9087.(2)

1987 Toyota — Master Ace van, JCI until May 2001, dual sunroofs, A/C, hot/cold box, power everything, \$2,000 OBO. 227-9087.(2)

1991 Nissan — Silvia, black, power everything, excellent condition, JCI until Oct. 2002, separating soon, \$1,800 OBO. 227-2339.(2)

1994 Yamaha — Genesis 250cc, 4-cylinder, runs good, owner PCSing April 11, must sell, \$400 OBO. 263-8370.(2)

1990 Nissan — Prairie, automatic, A/C, power everything, 4-door wagon/small van, large trunk with extra bench seat, JCI until Jan. 2002, \$1,900. 227-2145.(2)

1988 Toyota — Camry, excellent condition, JCI until Sept., automatic, AM/FM cassette, power everything, \$1,500. 227-2664.(2)

1991 Toyota — Levin, white with gray interior, JCI until March 2003, new tires, just passed inspection, runs great, \$2,000 OBO. 227-6128.(2)

1992 Honda — Nighthawk 750, looks good and runs great, needs registration and JCI, list \$2,950, asking \$1,200 OBO. 227-5985.(2)

1988 Nissan — Bluebird SSS, black, automatic, power everything, A/C, new stereo and speakers, clean, 4-wheel drive, sporty, \$1,400 OBO. 227-3952.(2)

1988 Toyota — Soarer GT Twin Turbo, gray, automatic, Aeroparts, excellent condition, \$2,000. 227-4277.(2)

1989 Toyota — Lite Ace van, JCI until Oct. 2002, front and rear A/C and heat, automatic, power windows and locks, AM/FM cassette, dependable, \$1,650 OBO. 227-5666.(2)

1994 Toyota — Corsa, JCI until April 2003, new tires, 4-door, great shape, A/C, cassette, only two owners, \$3,700 OBO. 227-8156.(2)

1993 Kawasaki — ZZ-R motorcycle, 400cc, blue and black, \$1,500 OBO. 227-4830.(2)

1988 Mercedes Benz — 190E, charcoal, A/C, sunroof, power everything, Eibach suspension, Pirelli tires, Premium rims, JCI until Oct., \$5,500. 227-8904.(2)

1992 Nissan — 4-wheel drive, automatic with power options, AM/FM cassette, A/C, JCI until July 2002, in excellent condition, best offer. 227-4152.(2)

1994 Mitsubishi — Sports model, black, 2-door, AM/FM cassette, power windows and door locks, automatic, new battery, brakes and JCI, runs great. 264-6424.(2)

1997 Honda — CB 400 motorcycle, excellent condition, 5,803 K, JCI until Nov., \$3,500. 227-2664.(2)

1987 Toyota — Van with sunroof, JCI until Oct., automatic, power locks and windows, A/C, heat, AM/FM cassette, hot/cool box, \$1,000 OBO. 227-2366.(2)

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“Quotes”
& Things

“Now gentlemen, that was a cliff-dweller to end all cliff dwellers.”

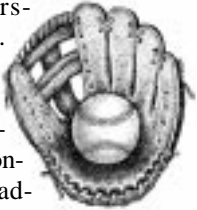
Wes Westrum,
New York Mets
manager

5th East Japan International Friendship Marathon: is May 13 at Sagami General Depot. The event consists of a men’s half marathon, men’s 5K, women’s half marathon, women’s 5K, parent and child (ages 6-10) 1.5K, and a parent and child (ages 11-12) 2K. Entry is free for Department of Defense personnel and family members. Submission deadline is Thursday. For more information, call 268-4236.

Youth sports day: is from 9 a.m. to 4 p.m. April 14 at Tachi Field behind the East Youth Center. Sign up at the youth centers.

Par 3 net repair: The Par 3 driving range nets are under repair.

Women’s intramural softball league: will begin around April 23. There will be a coaches meeting Thursday at 10 a.m. in the main fitness center. All women interested should contact their squadron sports representative or the fitness center at 225-8881.



Strength training class: The main fitness center is holding a strength training class to familiarize military personnel with equipment use and training benefits. Two 1 1/2 hour courses start at 1 p.m. Tuesday. For more information, call 225-8881.

AMERICA'S AIRLIFT FORCE IN THE PACIFIC

FUJI SPORTS

A moment of glory

Below, the colonels cheer each other on after a good play in the colonels vs. chiefs volleyball game at the celebration picnic Monday. It was, however, short lived. The chiefs took the eagles two out of three games. Right, Col. Mark Bartels strains for a shot.



photos by Yasuo Osakabe

‘Spring forward’ into fitness

By Airman First Class Theresa Ide
Electronic Systems Center Public Affairs

HANSCOM AIR FORCE BASE, Mass. (AFPN) — With the sun creeping out and springtime in the air, people may find the warmer weather somewhat energizing. And thinking about the new fitness standards that accompany ergometry testing, which include push-ups and sit-ups, it is probably a good idea to put that energy in motion.

For those who have not exercised in eons, Becky Mueller, fitness program manager at the health and wellness center here, suggests not trying to do too much when first beginning an exercise program.

“A common mistake people make is to overdo exercise initially and end up hurt, very sore, burned out or discouraged,” Mueller said. “Remember to begin slowly, and gradually increase your duration, intensity or frequency.”

For improving overall health, the American College of Sports Medicine recommends exercising four to five times per week, or daily for weight loss, Mueller said. To maintain current body condition, one should exercise at least three times per week.

Understanding the two types of exercise, anaerobic and aerobic, may help in determining which workouts will give desired results.

“The difference lies in the type of energy system used by the

body,” Mueller said.

Anaerobic exercise uses the primary energy system, which does not require oxygen to produce energy, but has a fuel source primarily made up of carbohydrates stored in the liver and muscle, Mueller said.

Anaerobic exercise is a short duration, high intensity activity such as sprinting, jumping for the ball in volleyball or weightlifting.

On the other hand, aerobic exercise does require oxygen to produce energy and also uses both carbohydrates and fat as energy sources. Greater amounts of fat are used the longer the activity continues, Mueller said.

True aerobic activities use large muscle groups, are rhythmic

in nature and are continuous for at least 20 minutes, Mueller said.

Aerobic exercise is typically more moderate in intensity and is a longer-duration activity such as bicycling, swimming, cross country skiing and jogging.

Combining exercise with daily tasks such as walking the dog or gardening can be beneficial.

Mueller suggests people choose activities they enjoy and will stick with in the long run. “Exercise shouldn’t be a chore,” Mueller said. “Making it fun and enjoyable will help you adopt it as a life-long habit.”

For information on exercising and its benefits, call Yokota Air Base’s HAWC at 225-8322.

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